



Michelle battles on
Mystical camp sales these more goth models.
Page 6

SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



Just part of the job
Nursing students learn how to deal with death.
Page 7

WEDNESDAY, NOVEMBER 12, 2014

CONESTOGA COLLEGE, BETHESDA, MD

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43RD YEAR — NO. 10

GET YOUR MOUSTACHE ON THIS NOVEMBER



PHOTO BY STEPHAN LEBLANC

Elsie Tolomey (left) and Polinda Mendi are two of the stars as they support the men by getting their own moustaches painted on at *Chokeaw* in uptown Waterloo on Nov. 2. For story and another photo, see Page 3

Conestoga students score big while trick-or-treating

BY JOANNA DETHMER

Conestoga students came together on Oct. 30 to raise awareness and comfortable food for the Conestoga Students for Food Bank during Trick-or-Treating with a Meaning.

Taryn Schmidt, CCB's food bank team leader and this year's food fundraiser, was a great success.

"What we're doing is taking students and asking them to go out into the community for some support, and they went around (Halloween night) and instead of getting candy they got some warm food for our food bank," Schmidt said.

The idea behind the campaign came after Schmidt and her team brainstormed ways to raise awareness and get

more food into the food bank. They knew trick-or-treating for candy was coming up, so they started putting together ideas on September. Schmidt said they came up with the idea as a first reaction.

The students who went out

“We were becoming very low on food in the food bank ...”
— Taryn Schmidt

collected approximately 500 items of food.

"We didn't really have a goal because we didn't really want to set an age, so we didn't make it ... We were becoming

very low on food in the food bank so we didn't really want to set a goal just in case we didn't hit that. But right now there is a lot more that comes in today (Nov. 1) than I thought would come in, so we're doing what I thought we would do — by far," Schmidt said.

Conestoga students are impressed with the amount of food collected and with the student involvement.

"I think it's great that the school is doing something to help those less fortunate," said Nick Robinson, a second-year woodworking technology student.

CCB is holding another food drive this week. They are asking students to support different programs to compete against each other to bring in the most food.



PHOTO BY JOANNA DETHMER

Taryn Schmidt, Conestoga Students for Food Bank team leader sits with all of the food that was collected during their Trick-or-Treat with a Meaning event. More food is expected.

Mo razor, no problem

BY STEPHAN LEBLANC

As the razor get dirty and the shaving cream gets dirty, men show their support for November by getting their facial hair.

R.W. Menendez looked off the month of men's health with their mascot event, The Good, the Bad and the Ugly, at Chateau in uptown Waterloo on Nov. 5.

The event was full of food and shaving kits, the support of donors and the event's theme of the man or the boy's razor clean-shaven side who are hoped to get a free shave by shaving from Cortez and Angus, a stop on Princess Street in Waterloo.

Women also supported the cause by getting plastic hair models shaved, pointed out their upper lip. "These 'No Beards' support their own through their facial hair plays the month so, that along with a Man of November, a Man Menendez is elected each year.

This year's Man Menendez is Benjamin Cross. He is also the man for the Man Menendez of R.W. Menendez.

Cross has been an actively involved member of Menendez since it came to Kitchener in 2007, and, as a free painter, offered his expertise to the cause. He said originally the event was a way for him to network and help his participating business, the Creative, but as of last year, when he was met, said Ben Menendez, who has been even more involved.

Cross also said The Good, the Bad and the Ugly last about a month to plan, and though she must attend many events throughout November, she will also be planning the end of the month. November had the film, which celebrates the end of the hairy upper lip, and costs \$10 per person.

Menendez was originally started in Melbourne, Australia, in 2004 when 30 men decided to grow a mustache for 30 days to raise awareness for prostate cancer and depression in men.



PHOTO BY STEPHAN LEBLANC

Spoke in the end of October. The Spoke was a 2004 event where men who shaved their facial hair while the other had a beard. They were asked to spend a couple of days at home to deliver the message that they need to talk about their health.

"I looked myself off for their presentation," he said. "You could have a pen drop in the room. The boys would get it. We need to talk about our health."

Scott Barker, one of the two Spokes, was diagnosed with testicular cancer and wants men that they need to take care of themselves. It's a good message for the month devoted to prostate cancer as that is what Menendez is about.

The Canadian Menendez network states that the goal of the campaign is to talk about men's health. "We have seen that prostate cancer is an issue that men typically do not speak about. Mental health has a similar challenge in this regard," according to the only one.

Through Menendez and the power of the men's network, we hope to make stigma, mental awareness, support, improvement and expand the understanding of this issue."

Barker does not want like the type to want to talk about his feelings. However, he said he could have saved himself.

Health research as a recipient of the money raised through the month of November. O'Reilly was even more confident about being involved. "I decided to do the last year when Chris Hughes was on the Bell Let's Talk campaign," he said.

The Let's Talk campaign invited Canadians to speak openly about mental illness and its impact on people's day-to-day lives.

Though he's been involved in November to him as it's been in Kitchener Waterloo the addition of mental health made more of an impact especially after the launch of the two Spokes who spoke at Forest Hill.

Waddell said involved in the initiative three years ago. Originally he had his own little campaign, the second year he was on the committee and this year, he is the co-chair of R.W. Menendez.

The event at Chateau attracted a variety of people, including men directly affected by prostate cancer and a mental health disorder.

Ben O'Reilly was a proponent at Chateau. He has been leading mental health disorder, major depressive disorder and panic attacks. Due to the recent addition of mental

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about 15 years of his life, had

been talked to a doctor's office. "By now, I think that I take care of myself very well. The prostate, my body and so on everything that way," and Barker. "But actually what I learned, going through it, I learned that being open and honest and talking about your feelings and asking for help when you need it actually is important."

Even Chateau College is involved in the November initiative. Through things such as T-shirt sales and tape made in the bar during the Tuesday Noon, Chateau Students has begun to contribute money to the cause as well.

The pre-survey firefighter program at Chateau is getting involved too. Doug Richard, a heady member, has agreed to share all his statistics of 21 years of his statistics as a firefighter.

The students will be in the hallway in front of the LRC over the next hour every Thursday this month collecting statistics.

For further information regarding November in R.W. check out these website at www.menendezcan.com. For the dates of college-related events, check out www.menendezcan.com.

COUNSELLOR'S CORNER: Suicide



When we are going through difficult times, it may seem hard to believe the pain will ever end. Suicide may seem like the only answer to problems. People who have considered suicide may feel hopeless, desperate, or that there is no hope in their lives. If you are thinking that life is unbearable, or you are wondering if a friend may be suicidal, here are some warning signs to consider:

- Talk of** – escape, having no future, being alone, feeling hopeless or helpless, suicide, death, or plans to suicide.
- Feelings of** – depression, hopelessness, disconnection from family and friends.
- Situations** – relationship problems, work problems, school-related grades, trouble with the law, family breakdown, sexual/physical abuse.
- Physical Changes** – lack of interest/pleasure in all things, lack of physical energy, disturbed sleep, loss of sexual interest, loss of appetite.
- Behaviors** – alcohol/other abuse, fighting, lawbreaking, emotional outbursts, dropping out of school, prior suicidal behavior, putting affairs in order, giving away prized possessions to friends and family, telling that wishes to someone close, a sudden and unexpected change to a cheerful attitude, behaviour that is out of character (i.e. a cautious person who suddenly becomes reckless).

If you suspect that a person may be suicidal, ask them about it, and encourage them to share what is happening with them. Talking about suicide with someone does not support suicide. It only shows that someone cares about what they are going through.

Suicide is a permanent solution to a temporary problem

If you feel that any of this information applies to you or someone you know, ask to speak to a counsellor in Counselling Services.

In case of an emergency after hours, please contact the Mobile Crisis Team @ 1-888-364-4546 (toll free).

spoke
videos

On Spoke Online (www.spokeonline.com) this week:

- Take a tour through the world of tea and learn to brew the perfect cup.
- Watch the Remembrance Day ceremony in Preston during which veterans and today's soldiers were honoured.
- How will you spend your weekend? Join local artists and comedians celebrated Random Act of Kindness Day.
- With Canada's provincial elections, see what Conservatives, Liberals, and Canadians think.

ONE Movement dances to make a difference

BY ERIN MANNES

Sometimes bullying is talked about but ONE Movement is getting the anti-bullying message across with dance.

The professional dance company in Cambridge educates, empowers and supports children and teens through movement.

Speakers and parents at the Cambridge Centre watched as ONE Movement told their stories which included children from various schools, performed a dance for the STAND UP with ONE Movement performance on Nov. 1.

ONE Movement was founded by Amanda Fernandez, who is a certified dance teacher who teaches at Dance Artistic Dance Company and Elements Dance Arts in Cambridge. The dance company uses hip-hop, ballet, contemporary and jazz dance styles in performances at elementary and high schools to prepare students to step leading, along with using different activities to educate them.

"It was started by having bul-

lying awareness to schools in a different way and Fernandez.

"If we can get them to make the change, then as adults they can deal with bullying in the workplace and they'll teach their kids not to bully."

ONE Movement member Amy Arella said, "We as adults are here a movement and this movement is to make a big change in our community and with our children."

"They are the future. Why not show them that here down as we can make a change even though we're not adults, even though we're not police officers and we're not doctors. We can make a change regardless."

Fernandez, who is also the artistic director of ONE Movement, said that bringing children from different schools to one place for an event shows them that it's not just their school, but also an entire community that wants to make a difference.

In today's society where technology is used in most communications, bullying can be as easy as a click of a button. It's getting no longer has to

physically confront or speak to another person.

Arella said "That is true turns out to be a good lesson for people to make fun of somebody and hurt them self, nobody just through a simple text message, and what we're trying to get across is we shouldn't let bullying escalate any further."

Dancing is an amazing way to get children energetic and excited about something a good cause.

Rosale Walsh, another ONE Movement member said "Because we're dancing, it's different, then when kids are being told by adults or just being spoken to about bullying."

"Children are really into it," she said.

There was also a poster contest for the students and the winners was given which included ONE Movement T-shirts, bracelets and art certificates.

Arella said he hopes young has proven to make a change.

"It's one thing that I love to dance," he said. "It's another thing to dance for a cause."



ONE Movement and their students perform a dance at STAND UP with ONE Movement, an anti-bullying event, at the Cambridge Centre Nov. 1.

Veterans of two world wars deserve a lot more respect

With Remembrance Day behind us, I find it is relevant for people to know about the differences between the veterans of today and yesterday.

I am not here to discredit or show disrespect to our modern soldiers and veterans of Afghanistan, or to suggest that they have experienced. However, I believe that today's veterans and the older ones who served in the First and Second World Wars deserve different types of respect.

The war in Afghanistan and the First World War are so completely different, in every way imaginable that it is very difficult for me to consider the veterans of these wars equal.

Something the human spirit from it, which is the whole point of Remembrance Day, it is clear to me that there were more deaths at completely different times in history.

From 1914-1918, a period only 300 months, the Canadian Forces were killed serving in Afghanistan, in the First World War, in WWI, approximately 2,000 Canadians lost their lives in only three days. It is true that there is a vast difference in the number of troops sent



Mark Fitzgerald
Editor

to these two wars, but this comparison is just for perspective.

Clearly these wars were fought at different times and technology has played a huge role reducing casualties.

Arguably, First World War veterans experienced a more raw and war-torn experience than younger veterans that is not to say that our modern veterans have not experienced things that I probably don't even want to know about. The point is to realize the differing levels of education and that there are two groups have gone through, and there have been more deaths and what level of respect and thanks they are given.

I find it hard to show the same type of respect just any less but that same type to these two very different veterans groups. How can I look at a man in the sky who may have been stuck on a trench containing with

rain, dead bodies and loss, while he was to create a war to brutally take out someone you that was sent his way, and give him the same respect as another man who may have only seen our bombs.

Of course there are two clearly different comparisons, but it is because of what the veterans of the First World War went through that we don't have weapons such as chemical gas anymore.

It is very difficult to express the same type of respect for veterans of a war where they could kill people hundreds, if not thousands of kilometers away from a war-torn location, compared to a war where it was much more personal and raw.

My point is we need people to realize that there is a huge difference between veterans of today and the veterans of the past. I believe we shouldn't blindly group them all under one big title. Each veteran of each war has experienced and achieved vastly different things, and we need to take that into account, each and every time we remember what they have done for this country.

Old wives, what's the point?

Buddy Walks 400 and counting

BY ERIN MANNES

The smiles of those who attended the Waterloo Buddy Walk warmed the cold day better than any ray of sun since overcast.

Despite the mid-winter weather, the thousands of people who attended the Waterloo Regional Downs Syndrome Society Nov. 4, hoping to bring awareness about the condition and the challenges of living with it.

The Buddy Walk, which is held during National Downs Syndrome Awareness Week, originally started out in America with only 11 walks. It now spans most of North America and includes a staggering 400 walks. It plays a huge role in helping raise awareness for those dealing with Downs syndrome.

Explainer has been leading walks for the past 11 years, says years.

With a solid community built around the Waterloo Regional Downs Syndrome Society it's not surprising that the Buddy Walks have such a strong turnout especially when you have devoted support such as Tracy Napier who has attended the walk for the last nine years.

"I just really enjoy being able to see my daughter dancing, having a good time and spending time with other children, who, like her, also have

Down syndrome."

Those in attendance paths went inside the Buddy Park Community Centre to some activities as a community, donate money and listen to speakers including those involved in running the event, politicians such as MP Stephen Woodward, Mayor Carl Zelen and a handful of others. Despite the speakers being geared more toward adults, the whole event was family-oriented with children doing fun painting and balloon art, music and the Buddy Choir. After the walk well-known children's entertainer, Eric Trapline, put on a show for the kids.

Proceeds from the three kilometer walk went to the Waterloo Regional Downs Syndrome Society according to Jane Salter, a coordinator of the event.

Most of the money stays with our group, the Waterloo Regional Downs Syndrome Society and it goes towards our literacy programs which include speech, music, physiotherapy and occupational therapy. It also goes toward some of the more popular events we run such as our picnic, Christmas party and weekend social dance for the older kids.

The other portion goes to the Canadian Downs Syndrome Society to pay for public awareness and education activities," she said.

Career Week guides students

BY KARA MACPHERSON

Not knowing whether you are on the right career path or not knowing what your career goal is can be overwhelming and stressful.

Not to worry — Connexus College and Career Services offer several free workshops throughout the year as well as one-on-one appointments with a career adviser in their office.

"In the first semester we've seen a lot of students who feel they're maybe in the wrong program, they haven't come up with their career goal so they're trying to figure out if these programs is a good fit for them," said Kara.

Stowander, a career adviser with Career Services.

Headed by career advisers, Career Week 2012 kicked off on Oct. 30 with a university planning workshop at Doon campus and an information forum at the Cambridge campus to bring awareness to the options students have.

"The purpose of National Career Week is to celebrate careers and to make us a source of people like us who do a lot of the career advising, career counselling, career exploration... because we're all involved in it," said Jay Timmerman, another career adviser at the college.

According to Timmerman, it is also celebrated in the U.S.

and is designed to encourage post-secondary school students to explore and gather information about what they want to do when they finish their studies.

The university planning workshops educated students about articulation agreements the college has with other schools, how to apply to university from college and degree programs that are available at the college.

Dean Dugg, a software engineering and technology student who attended the university planning workshop, said he left with some information he needed to apply to university after college.

"After we do workshops like

this we are probably more than half the people (who were at the workshop today) want to come on and talk to us specifically about their situation. They want to know what articulation agreements pertain to them and what future will. 'Where do I want to go from here?'" Timmerman said.

Connexus has many agreements with local universities and universities abroad. Stowander said there is high student interest in studying or working abroad.

"We've had students go to Australia and live with a couple in the last semester who are talking about studying abroad, even working abroad," Stowander said.

She also said there are many new agreements in the business programs with universities in Ireland.

"Part of what we do is to point them in the direction of some really good career resources, so they can do their own career research," Stowander said.

The workshops and information sessions such as rapid resume reviews, career fit and essential skills workshops will continue to run until the end of November, and at the end of the semester.

For more information on Connexus Career Services or to make an appointment, visit Room 1A110 or call 519-726-2220, ext. 2226.

Degree in public health in the works

BY WHOLEY BOWLER

Because of an expanding public health awareness, workplace and active parents' roles, job, administration and faculty in Connexus College's School of Health and Life Sciences are exploring the need for a degree in public health.

The school received a request from the School of Waterloo Public Health earlier this year, asking the college to explore an environmental health education.

Currently, a degree in public health can only be obtained at Uppsala University in Toronto, Cape Breton University in Sydney, N.S., the British Columbia Institute of Technology in Burnaby, B.C., University of Victoria College in Victoria, B.C., and the Paris Lodron University of Salzburg in Austria.

If approved, the degree would include courses on the impact of living and human health, food resources and agriculture, water, air, the effects of pollution, population, and public health systems and interventions. It would also focus on risk assessment, emerging issues, infectious prevention and control, and sustainability and non-communicable diseases.

"Such a student would be designed around what we call a 'bad' career, which would integrate these concepts," said Chris Bick, chair of education and life sciences. "We are hoping to offer a variety of courses that will make potential moderate knowledge-based

in the field of environmental health."

The degree would take four years to complete, and the school plans on implementing a two-year advanced standing option for students who already have obtained a university degree or a diploma in a related field. They would be able to transfer credits from another institution, and expand their education. With work, students could complete the degree in two or three years.

If the degree gets approved, the college hopes to see the first intake by September 2015.

"In order for this degree to be created, we must change its structure," said Bick. "After that, it has to be approved internally by the college."

Before the school submits the degree for approval, the program may well be created, which will outline the delivery sequence of the program, what courses would be offered, and their descriptions.

Upon graduation, students would expect careers in non-profit public health organizations at a local health unit and environmental health officers. The degree would also open the door to a career in food security, housing, injury prevention, infection control, hazardous materials management, and drinking water quality.

"The public health degree would be an applied degree," said Bick. "It would be entirely hands-on, which is an aspect all colleges should have."

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TUESDAY 10am - 3pm

Accounting, Audit & Information Technology Degree Program

English Language Studies Program

WEDNESDAY 11am - 3pm

Accounting, Audit & Information Technology Degree Program

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United Way campaign winds down

BY RENEY COMAN-BAE

The Conestoga College student fundraising campaign for the United Way was a success.

Although the exact total is not yet known, Student Life programmers Jaslene Robinson and Ryan Connell said they were happy with the results this year.

"Overall, I feel the campaign was very successful," said Robinson. "The student portion of fundraising was approximately \$1,400."

"We're expecting that the full amount is probably going to be around \$1,000," she added.

In addition to the student campaign, there was a faculty and staff campaign. The goal for all campaigns was set at \$50,000, of which \$14,260 had been raised as of Nov. 7.

Connell, who has participated in several past campaigns, expected higher numbers from the student portion of the campaign.

But, instead, this has been a great year, said Robinson.

"Typically with the United Way Student Committee that



Ryan Connell and Jaslene Robinson look Student Life programmers, were excited to share the percentage raised as of Nov. 7 for the United Way campaign. More donations are expected before the goal is reached.

I'm working with Ryan and I've met with the members this year for the United Way

last night," she said. "They made \$247 in donations and last year they made \$128

more."

Career and Employment Information

Don't wait until your graduation to start thinking about your career today with useful career workshops.

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- What do you really want to do?
- Is your current program a good fit for you?
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The new technique integrates interactive exercises, hands-on activities and provides the following information: inventory, list of the most suitable career options, career goals, the FIVE.

Part I: Nov. 12, 6:30 - 8 pm, Part II: Nov. 20, 6:30 - 8 pm, Don't miss this exciting day!

Registration is required via MyCareer (please login to this web page to get the FULL T&E students. The workshop is not a usual meeting job.

"The path to a successful and satisfying career begins with understanding yourself."

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From the Student Portal, click on the "Services" link, then MyCareer.

From MyCareer, click on Student Tools, then MyCareer.



CONESTOGA COLLEGE

100-4000 Lakeshore Rd.



Photo by SARA FARMER

Ashley Nichols shows off her medals after winning third at the 2002 Ottawa Division Ju-Jitsu Open on Oct. 30 and 31.

It is a great to see her bring her brand of physical talent, mental toughness and good technique to the mat in competition," she said.

Nichols said, "I think Ju-Jitsu is more of a full-body workout than just the mat. It's a lot of muscle endurance, and if you have a lot of muscle strength, that helps too."

Nichols explained the main difference between the two is that Ju-Jitsu is a striking in Ju-Jitsu, and that your moves are always evolving as you go through the match."

"It was a good experience and a great weekend!" she said.

Nichols won competition at the Ottawa Division Ju-Jitsu Championships on Nov. 14, held at Conestoga College in Toronto.

women," Nichols said. But competitors had an advantage point over each other during the match. "Neither of us pushed any real points though," she said.

However, a winner had to be chosen, and Nichols' real was picked by referee's decision, leaving Nichols with a bronze medal.

Her medal had a pretty impressive, for a Ju-Jitsu bronze who has only been practicing Ju-Jitsu for two years.

Jeff Harrison, Nichols' Ju-Jitsu coach, said he is very proud of her achievement in amateur sports.

"It is great to see her bring her brand of physical talent, mental toughness and good technique to the mat in competition," he said.

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Conestoga student brings home more gold

BY SARA FARMER

Conestoga's golden girl has done it again.

World champion Maureen boxer and Conestoga College Olympian Ashley Nichols brought home more gold through the 2002 Ottawa Division Ju-Jitsu Open to win three gold medals and one bronze.

The competition was held on Oct. 30 and 31. Ashley from Ottawa, Quebec, and even one from New York competed over the two days.

Nichols competed with the Cambridge MAJ Academy of Martial Arts for Team Bravo Omega in four different weight divisions. These included the flyweight division and the absolute flyweight division, which combines all weight classes into one category. The first division she competed in was the women's Bantam weight division, where competitors are required to wear a gi jacket and closed with a martial arts belt.

Her first challenge was the 2001 Ottawa Open champion. "I was able to hold the dominant position," Nichols said. It paid off - she beat her opponent and won a gold medal.

Nichols who won 120 lbs. competed her next two rounds in higher weight classes as well, including a competitor who weighed 200 lbs.

"I thought, 'Oh my goodness,

Student nurses need to prepare for worst

BY BRAD COLEMAN

When Danielle Dayton was 18 weeks pregnant, her doctor informed her that her son would be born with pneumonia, a life-threatening lung defect where an opening in the abdominal wall permits the microbes to penetrate.

After an induced birth, the premature baby was rushed to the neonatal intensive care unit at McMaster Children's Hospital in the following weeks. Dayton's son underwent multiple surgeries and remained under close observation, with his young mother never leaving his side.

Three weeks passed before Dayton, anxious and sleep-deprived, held her son for the first time. Accompanied by nurses, stepping outside for fresh air, witnessed the outcome. That nurse, and others like her, influenced Dayton's career choice.

"The nurses there are what inspired me to become a nurse," said Dayton, now a student in Denison College's

perinatal support worker (PSRW) program. "They treated my son like their own and it really touched my heart."

Many students entering into health-care professions have been affected by death or near death experiences in their personal lives. But, patient death in medical contexts should be far less intimate than that of a loved one.

Students and PSW programs at Denison College don't have specific courses about death. From a health-care provider's perspective, the dying process is a small part of the life cycle as a whole. However, preparation to personally and emotionally deal with patient death is very much needed and within a student's education.

Student nurses in the four-year Bachelor of Science (BScN) program last their medical skills by way of problem-based learning in which they're given hypothetical cases. Students research and diagnose the



Photo by Brad Coleman

Laura Johnson, a second-year nursing student, practices in an advanced lab on Oct. 31. While graduating of the college is busy clinical, students need to prepare for dealing with death in hospitals both mentally and emotionally.

patients, and learn how a nurse in the field would approach the case. The topic of the life cycle and death is often brought up in these cases.

"We talk about old age and what happens at the end of life, different things a person might be going through and how they might view life," said Andrea Miller, an instructor in Denison's BScN program.

Instructors, also bring career cases, so an applicable scenario in a curriculum that prepares students for nearly everything. Nearly accessible to students, planning techniques often brought into their own experiences and feelings about death.

"I usually share my stories about loss from cases," said Sarah Foster, a PSW program instructor. "Death doesn't have to be such a negatively perceived thing ... but I don't think anything will ever prepare (them) for the first time that (they) have to go through it."

Their first time in a hospital might be during a clinical placement, which allows students to work in real-life situations but, for most it might be overhauling Agnes, a volunteer and prep for role modelling cases in a play.

Coaching inexperienced students through their day-to-day routines and procedures, Miller said the work closely with students on a day when their patient might die. She assumes her

they'll cope and what they'll learn from her to make it through the situation, which depends on previous experiences and each student's own maturity.

"The last breath ... that is a distinctive noise that you will never forget," said Dayton, who experienced death while volunteering at a palliative care facility. "I don't think I was really ready for it then."

Barbara Krulik, a nurse scholar at Denison's PSRW program, and three topics may cause the death to be spent after the loss of a patient. It may be the first time a student has seen a body, it may trigger losses in their own life or it may be an unusually graphic experience.

"You need to work out a support system," said Karen Hornsack, a member of the board of directors for the Ontario Nurses Association (ONA). "In particular for nursing students it would be talking to their professor ... the experienced nurse that they're with."

A nurse for 37 years, Horsack has seen a change in health care providers attitude toward patient death. While nurses may have felt the need to be stronger and stoic in dealing with death 40 years ago, there are now more open about emotional needs. Progress can be partially attributed to Elizabeth Kubler-Ross's 1969 book, *On Death and Dying*, in which she introduced the five stages of grief.

All nurses are unique in the way they deal with death. For some, spirituality and the thought of life after death, which is often a common thought process after the first death experience, is vital to coping. For others, reflection or discussion with a support system, be it counselors or co-workers, is important.

"Often as a team we'll have a debriefing to talk about it," said Justin Young, a PSW at Grand House, a palliative care facility where she studies 100 to 200 patients each year. "To say that none of the deaths affect me would be a lie because sometimes you have people younger than yourself or parents with children dying."

While some might think it's common for nurses to experience the trauma associated to death, those in the field say it never gets easy. It just gets easier to discuss them selves.

"Death takes its toll on all of us that's for sure and you have to develop some coping mechanisms," said Horsack. "It's so important that you're able to leave work at work."

Death is part of life and depending on the profession, some will see it more than others.

"It's a journey everyone needs to go through - whether they're doing themselves or whether they're taking someone," said Mary Curley, an instructor in Denison's BScN program.



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Badminton team begins new era

BY DYLAN BARNES

Conestoga's badminton team is embarking on a new chapter in their history as they welcome new head coach Michael Kam.

Kam took over the reins of the badminton program after his appointment in late August, and brings a lot of experience to the team.

He played all through high school and then also at a university level in Germany. As well, he has travelled across the province to compete in various competitions.

"I came from a lot of experience," Kam said. "Having played variety, I know what style are really needed and focus on finding drills to strengthen players' weaknesses."

The team currently consists of 14 players, although only four are females (the team is still recruiting) and members have the opportunity to test their skills throughout the year at Ontario Colleges Athletic Association (OCAAA) invitational tournaments.

"We only have funding to go to a certain number of tournaments," said Kam.

"We choose to enter into whatever tournaments we feel would give us good experience and fit into our schedule."

The OCAAA has been at two OCAAA invitational tournaments so far – one at Redwater College and another at Georgian College.

The tournaments are not always formatted the same way, but usually allow for one or two men's and women's singles teams from each college, as well as one men's and one women's doubles team, and one mixed gender team.

Conestoga's participation in the Georgian College tournament on Oct. 20 and 21 was finished in terms of months.

The team made it to the semi-finals but lost overall to Georgian, Central and Durham colleges, with Georgian going on to win the tournament.

The Conestoga will have the opportunity to make a comeback in the next OCAAA invitational which will be held at Fanshawe College from Nov. 10 to 15.

Team tournaments are worthwhile for the experience alone, and Kam already knows who the strongest and plus players are, but wants to use those as a chance to assess which players he can pair as doubles.

"We're trying to figure out what the strongest doubles teams will be and are using the tournaments to match different partners," he said. "Everyone has a unique playing style, and the trick is when matching up two players who suit each other."

The Rest and West regional tournaments at the end of the season are much different – each player can only play one single event and the tournament is set up as an



PHOTO BY DYLAN BARNES

Kevin Michael Kam (left) watches his player Steve Richards (right) practice his serving technique to partner Geoff Liya during a Conestoga badminton team practice in the recreation centre on Nov. 6.

elimination-style format.

The top players from each regional tournament move on to the OCAAA province-wide championships, and success at these positions the players earn further participation in the Canadian Colleges Athletic Association (COCOA) nationwide tournament.

Although these competitions are still far off, Kam and the team are working hard to prepare for them.

"There's a great camaraderie among the team," he said. "The team gets along extremely well and everyone supports each other."

The players share Kam's thoughts, and are looking to have success not only on a personal level but also for the team as a whole to have a successful season.

"Personally I want to stay injury free and play a full season while having fun,"

said player Steve Richards. "Overall I think we just want to focus on playing our best and growing as a team."

As well as achieving success throughout the year, Kam also wants to push the opinion of some people that badminton is still a "backyard" sport.

"It's an extremely physically demanding sport," he said. "You have to have endurance, speed, strength and reflexes."

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